THRIVING

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Thriving through Thick & Thin

Based upon the work of Paul Pearsall in

The Beethoven Factor: The New Positive Psychology of Hardiness, Happiness, Healing and Hope. Charlottesville, Virginia: Hampton Roads Publishing, 2003

THRIVERS

Why do some people excel and soar in the face of adversity and troubles?

Thrivers

No matter what they continue to thrive over the long haul!

They may experience downs and low periods, yet they survive and bounce back!

Characteristics of Thrivers

- **Show Invisibility and manifest toughness!**
- **Have Hope!**
- **Use Humor!**
- **See different ways of looking at situation!**

How Thrivers do it!

Common Ways of Rising to the Occasion

- Let it Go
- Suffer Wisely & Cheer Up
- Have Faith, Calm Down & Do not Despair
- Lower Expectations
- Show Hardiness

Let It Go!

- **Thrivers know when and how to let their emotions flow!**
- **When to let go of and not to hold onto & cling to feelings!**
- **Thrivers have learned that keeping certain feelings keeps them stuck!**

Suffer Wisely & Cheer Up

- **Thrivers realize that pain and suffering are part of life!**
- **They realize that they will be okay despite the suffering… And they will be stronger than they think!**
- **The painful experience will help them through life!**

Have Faith, Calm Down and Don’t Despair

- Thrivers know that no feeling lasts forever!
- They realize that equally positive feelings will come their way!
- Thrivers understand that they may develop their own version of faith and contentment!
- They chill out, relax and know they will be okay!

Lowered Expectations

- **Thrivers have learned to lower their expectations of others and themselves!**
- **Learned to forgive themselves for mistakes, and forgive others for their shortcomings and cruelty**
- **Found ways to creatively adapt and accommodate- through downshifting and upshifting when needed!**

One Thriver's Point of View

It is a lot easier to feel great when you do not go around expecting life to fantastic.

Keep your expectations low and you won't be disappointed.

Semi-great is good enough for me now!

Hardiness

Thriver's have learned and trained their bodies to cope with stress!

- **Innoculated themselves against distress**
- **Rise to a higher level of strength and coping when faced with adversity**
- **Learned to be tough!**

Thrivers

- **Adopted a Have Less, Do Less and Say No Approach!**
- **Have a flexible and accommodative style**

Thrivers

See opportunity and challenges in the face

of danger!

Thrivers

- **Thrivers accept their limitations and know what they can do about their problems!**
- **Find a good match between the impossible and the possible!**

Thrivers are not overly optimistic Pollyannas!

Thrivers

Know how to swim, learn new strokes and to float, even when the water keeps keeps throwing new currents and waves

at them!